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Monday, January 4, 2016 metro.us | t: MetroNewYork | f: MetroNewYork



JETS DISAPPOINT, MISS PLAYOFFS

Rex Ryan's Bills ended New York's surprising run. 22

Edgar Ramirez's 'Point Break' bromance. 18

Should your 3-month-old be in school? 21



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WINTER'S BACK

The unusually warm weather is gone and Metro meteorologist John Bolaris has the scoop on what's in store for the rest of the winter. 8-9

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MISSOURI FLOOD DAMAGE

1 Missouri Gov. Jay Nixon toured communities ravaged by flooding that killed at least 31 people in several states and forced large-scale evacuations, as the danger of rising waters shifted to Arkansas and beyond. Nixon visited Eureka and Cape Girardeau in eastern Missouri and announced the federal government had approved his request to declare an emergency. **REUTERS**



MILITIAMEN IN OREGON

2 A group of self-styled militiamen occupied the headquarters of a U.S. wildlife refuge in Oregon in a standoff with authorities, officials said on Sunday, in the latest dispute over federal land use in the West. The occupation, which began on Saturday, followed a march in Burns, a small city about 50 miles north of the Malheur National Wildlife Refuge, to protest the incarceration of ranchers Dwight Hammond Jr. and his son Steven. They were convicted in 2012 of setting fires on public land to protect their property from wildfires. **REUTERS**

AMERICANS SEEK SWAP

3 Unnamed Americans have contacted Iran for a deal to swap Washington Post reporter Jason Rezaian, who was convicted and jailed in Iran on spying charges, for other unspecified detainees, according to a senior Iranian official quoted on Sunday. **REUTERS**



WINTER FUN

7 People ice skate at the Winter Village at Bryant Park on Sunday.

MAIN PHOTO BY BESS ADLER, ALL OTHER PHOTOS BY GETTY IMAGES

FATAL BRONX FIRE

4 An early morning fire at a Bronx apartment Sunday claimed the life of one man, according to police. Authorities responded to a call of a fire at 2:41 a.m. on the third floor at 655 East 230 Street. Upon extinguishing the blaze, FDNY officials discovered 36-year-old James Turtein having a heart attack inside his apartment, police said. **ANGY ALTAMIRANO**



INDIAN AIR BASE ATTACK

5 Indian security forces battled into Sunday evening to secure an air base near the border with Pakistan, a day after a militant attack that has killed seven military personnel and wounded another 20. As night fell, it was unclear whether two or more militants were still at large after Saturday's predawn raid on the Pathankot air base in Punjab. Four attackers have been confirmed killed. "The area cannot be declared fully sanitized," Air Marshal Anil Khosla told a news briefing in New Delhi. **REUTERS**

FIRST NYC MURDER 2016

6 Police have reclassified the death of a 19-year-old woman, who was found facedown on her bed at her Queens home New Year's Day, as a homicide — making it the city's first of 2016. Joceline Romo was found unconscious and unresponsive at 10:46 p.m. on Friday inside her home on 86th Street in Woodhaven. Initial reports said Romo was found with no apparent trauma, but a spokeswoman for the medical examiner's office said Romo died of "homicidal violence including blunt force trauma of the head and compression of the neck." **ANGY ALTAMIRANO**

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BRIEFS

Powerball jackpot jumps to \$400 million after no winner emerges

Powerball's jackpot has surged to an estimated \$400 million after the first drawing of the new year resulted in no winning ticket holders, the operator of the multistate game said on Sunday.

Powerball, played in 44 states, two U.S. territories and Washington, D.C., will hold its next drawing on Wednesday,

giving players another crack at the grand prize.

The current jackpot is worth \$244.8 million if a winner opts for an immediate cash payout instead of annual payments over 30 years, the Multi-State Lottery Association said on its website.

While no ticket holder had all six numbers in Saturday evening's drawing (5, 6, 15, 29, 42 and the Powerball number 10), more than 2 million ticket

holders won smaller prizes totaling nearly \$21 million, the non-profit association said. Five players matched five of the six numbers.

The last Powerball jackpot winner was in November when a ticket holder from Tennessee claimed a \$144.1 million prize.

But that sum paled compared with the biggest Powerball jackpots of 2015 — \$564.1 million in February and \$310.5 million in September.



The biggest U.S. lottery jackpot was \$656 million, claimed in a Mega Millions lottery drawing in March 2012. **REUTERS**



Late start to

The holiday weekend kept many New Yorkers from kicking off resolutions.



Better late than never.

Normally, New Year's resolutions start on, well, New Year's, but for many New Yorkers, the Friday holiday pushed the start of their self-imposed suffering back a few days.

An Upper East Side sports bar saw at least one patron delay his self-improvement program so he could enjoy an adult beverage while he watched the Jets vie for (and ultimately lose out on) a playoff spot.

"Well, New Year's resolutions shouldn't start till Monday. It's the last Jets game of the year ... the idea starts tomorrow," joked Jets fan Brad Siebeking, 29, as he watched the game in Doc Watson's on Second Avenue.

Siebeking, who was at the same bar for New Year's Eve, said it's his local watering hole, and that he comes in several times a week.

But, he said, as he cuts down on his intake, drinking less will mean fewer visits to the pub.

His absence will be

felt.

"He's one of our most valuable patrons," said Shauna Cummins, the bar's manager.

Charles Smith, 27, a freelance choreographer from Harlem, belongs to Blink Fitness and said he will work to improve his gym routine once the "circus" of New Year's resolutions leaves town.

"Usually when people do New Year's resolutions, they go overboard. ... That happened to me before, so I give myself a normal goal," Smith said. "It always goes kaput, otherwise."

Smith said he avoided the gym over the weekend because it has "become follow the leader" with people trying and failing to meet unrealistic goals.

He said his approach is more moderate and he will start his new routine this week.

"I just gotta make sure to do it," Smith said. My whole goal is to just go. Most people beat themselves up. I just want to make sure I go and show up."

For some, Sunday also offered a chance to kick-start their goals, albeit a few days late.

At a New York Sports Club on the Upper East Side, 36-year-old Melli Pini says she signed up for a gym membership on Sunday.

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resolutions



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"I kept it real. I didn't do more than a mile and a half, and it was at a slow pace," Pini said.

She lives across the street from the gym and said it's been inspiring to see people come in and out of the gym, where, she said, everyone has their own story on why they work out.

"It makes me feel less alone in finding the diligence in getting myself to just do it," Pini said.

The combination of a breakup and the New Year led Pini to the membership — and she said it will be about

consistency and self-efficacy.

She didn't stay long, but said she was happy to get out of the house and come into the gym.

Brian Serman, a member at the same gym, said his gym schedule will not change in 2016.

A regular who comes four times a week, Serman credits those who come to the gym to help achieve their fitness goals for "trying to do the right thing."

"But," he said, trailing off, "whether they last or not ..."

BRIEFS

New York City's four-legged friends invited to concert at Times Square Monday night

It's Fido's turn to rock out. The Times Square Advertising Coalition (TSAC) has come together with musician and filmmaker Laurie Anderson to bring an adaptation of her recent film "Heart of a Dog" to the electronic billboards in Times Square throughout January.

As part of the project — which is part of TSAC and

Times Square Arts' monthly presentation Midnight Moment — Anderson will be on scene Monday for a "unique" live performance, just for dogs.

The free concert, open to the public and their four-legged friends, will take place at 11:30 p.m. at Duffy Square, between 46th and 47th streets, and will be transmitted through low-decibel speakers for dogs. Dog owners can tune in through "silent disco" headphones —

which will be distributed on a first-come, first-served basis.

"I love Times Square. It's a dream. Desire, speed, the explosions of color, patterns and energy. What a great way to start the New Year! The ball drops and 'Heart of a Dog' leaps onto all those massive screens at three minutes to midnight," Anderson said.

"Heart of a Dog," which is partly dedicated to 9/11 first responder dogs, shares a collec-

tion of stories about dogs, time, family, memory and death. A portion of the film will be shown during the concert.

During the performance, Anderson will be joined by NYPD canine handlers and their dogs.

Anderson's film can be seen through Jan. 31 on over a dozen Times Square electronic billboards from 11:57 p.m. to midnight every night.

ANGY ALTAMIRANO

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State to help get homeless off streets in severe cold

Homeless individuals will be directed to shelter when temperatures drop to 32 degrees or below.

ANGY ALTAMIRANO
@MetroNewYork
letters@metro.us

With winter settling in, New York state is enacting rules to protect the homeless from frigid

temperatures.

Gov. Andrew Cuomo issued an executive order on Sunday, which aims to protect the homeless during weather when temperatures are 32 degrees or below.

The order — which will take effect on Jan. 5 — will make sure that these individuals are directed to shelter and will also require homeless shelters to extend their hours of operations. The state is ex-



Gov. Andrew Cuomo GETTY IMAGES

tained and supervised.

According to the New York Daily News, the emergency declaration is just the first part of what will be the governor's comprehensive plan to address homelessness. He plans to unveil the complete plan during his State of the State address on Jan. 13.

As part of the plan, communities will be required to come up with housing and supportive service networks which are created to meet the "specific needs of each subgroup within the homeless population" — such as mentally ill individuals or domestic violence victims.

About 58,000 people use homeless shelters in New York City each day. A recent survey showed that over 3,000 are living on the streets, the Daily News reported.

During a recent press conference, Mayor Bill de Blasio said the city welcomed help from the state.

"We certainly welcome resources — we've needed them in this city for quite a while. And I think we can do a lot of good together," he said.

pected to help any local communities if they lack facilities, resources or expertise.

If a homeless individual refuses to go to a shelter, they can also be taken involuntarily to prevent them from facing any harm — such as hypothermia, serious injury or death.

"It is imperative that the state act to ensure that such aid, care and support is provided to address the needs of the state's homeless population, which need is further heightened during the winter months," Cuomo said in the executive order.

Cuomo also directed all communities to make sure that facilities used for temporary housing are safe, clean, well main-

John Angelo, co-founder of NY investment firm, dead at 74

John Angelo, the head and co-founder of New York-based investment firm Angelo, Gordon & Co, has died at age 74, according to an email sent to the firm's employees.

Angelo, who was chief executive officer at Angelo, Gordon & Co for 27 years, died on Jan. 1 after a long battle with cancer, Michael Gordon, the firm's other co-founder and chief investment officer, wrote in the email.

The two founded Angelo, Gordon & Co in 1988.

The privately held firm, which invests mostly in real estate and distressed credit, currently manages about \$27 billion in assets, according to its website.

"John was one of the most forward-looking people I have known, and

a driving force in achieving success for our clients and for us," Gordon wrote.

Angelo began his finance career in 1966 working on the bond floor of the New York Stock Exchange, according to a biography posted on Angelo, Gordon's website.

He then worked at L.F. Rothschild for 18 years, with a focus on convertible securities, options, futures and distressed securities, according to the website.

Angelo is survived by his wife, Judy Hart Angelo, who co-wrote the theme songs for "Cheers" and "Punky Brewster," and their three children, Jack, Jesse and Kate.

Jesse Angelo is the CEO and publisher of the New York Post. REUTERS



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WINTER'S JANUARY COMEBACK. DID YOU MISS ME?

Residents of the Northeast from Philadelphia to New York City to Boston were asking the same question through the entire month of December: "Where the hell is winter?"

Record-high temperatures were not only broken, they were annihilated all along the Northeast Corridor.

The trio of Metro cities, Philadelphia, NYC and Boston, set all-time record highs for the month of December.

In all my 28 years of forecasting for the East Coast, I could never remember being so bored, but when I'm bored, most of you are happy as the weather is in a tranquil state.

My long-range winter forecast, which I put out in early November, predicted a very mild November and December with no snow, due to numerous weather factors, but a record-setting El

Bolaris' Weather Watch



JOHN BOLARIS
@weathersavior

Niño the top one.

Get ready, though. The meteorological pendulum is about to swing back toward winter as the Northern Hemisphere global pattern is undergoing a massive change.

1 The lack of high pressure ridging along the Pacific Northwest coast is transforming into a building ridge (a tremendous mountain of air). This will allow for the polar jet to start to dive southward east of the Rockies, funneling in the very first arctic blast of the season.

2 Arctic Oscillation, which is the measure of arctic air penetrating south into the United

States during the winter season. When the jet stream is blowing strongly from west to east, this is called the positive phase and keeps the super cold arctic air masses north of the border. We have been in the positive phase throughout this early season. However, computer models that predict the phases of the Arctic Oscillation are strongly indicating a dip into the negative phase, just the opposite of the warm phase. The return of the negative phase will lead to the return of polar air into the Northeast. It should move into a very strong negative phase around mid-January, which will increase the chances of deeper cold penetration with a couple of models indicating major East Coast storm potential later this month. It's early yet, but it's something to keep in the back of your mind.



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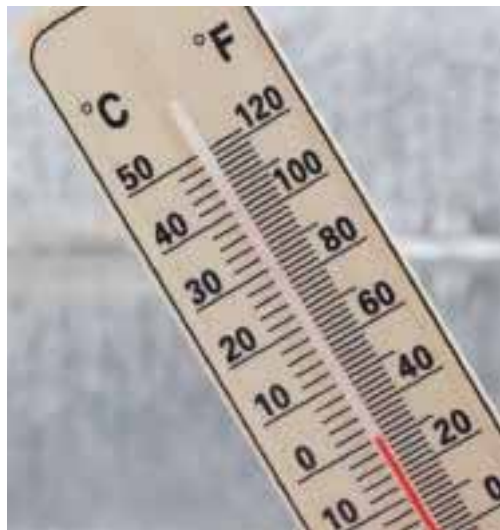
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3 North Atlantic Oscillation, which is really the wild card key in forecasting East Coast storms. NAO is difficult to forecast beyond a three-week period, but we do know when the NAO is in a positive phase, the chances of significant snow are low. When the NAO goes negative, the chances of significant to major snow probabilities increase along the East Coast. When the NAO

is in a positive phase (which it has been all this season), there is a nonexistent Greenland block, meaning there's a lack of cold air feed and an alleyway for storms to escape out to sea. Just the opposite is true for the negative phase, and we are just now entering a negative phase, with a strong negative phase likely by mid-January.

The combination of the above ingredients will

My time frames to watch through mid-January:

Jan. 4-5: The first arctic outbreak. Winter winds will keep temperatures below freezing both today and Tuesday. Flurries are possible, especially northwest of town late today. The wind chill factor drops below zero by Tuesday morning.

This weekend, Jan. 9-10: A weak coastal storm should mean a cold rain, however by Saturday night, early Sunday morning we could see a mix of snow and sleet, changing to wet snow, especially across northwest New Jersey. All rain for NYC and Long Island.

Jan. 17-19: Potential for a Gulf of Mexico storm to form and move up the East Coast. There is potential for heavy rain or snow or a combination of both.

make for an interesting forecast month for the Northeast Corridor.

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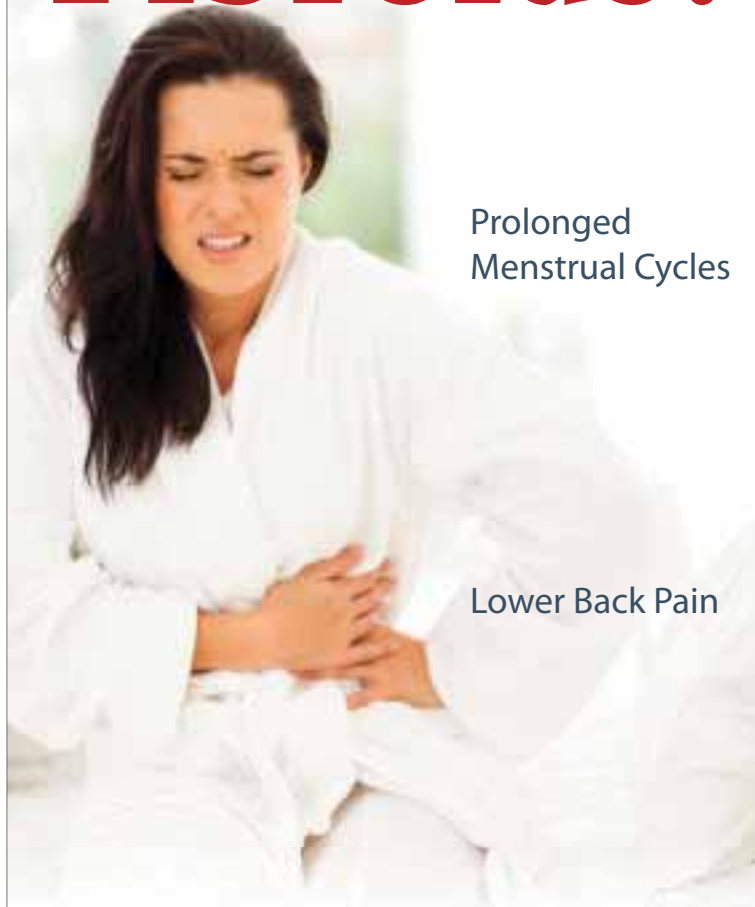
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Mississippi crests in southern Illinois as downriver points brace for flooding

Days of downpours totaling 10 inches or more in spots pushed the Mississippi and smaller rivers over their banks in several states.

Residents of towns in far southern Illinois anxiously awaited flood waters from the swollen Mississippi River to peak on Sunday, with hundreds electing to remain in their homes, as states downstream prepared for the rising waters.

The National Weather Service on Sunday canceled a flash flood watch for three southern Illinois counties, where record or near-record river levels had threatened to breach levees.

At least 31 people

have died in Missouri, Illinois, Oklahoma and Arkansas, most of them after vehicles drove into flooded areas.

Nine people have died in the Illinois flooding and a dozen counties have been declared disaster areas there, said Patti Thompson, spokeswoman for the Illinois Emergency Management Agency.

Several hundred residents near breaches in a levee in hard-hit Alexander County in southern Illinois chose to stay put rather than leave their homes as a precaution, Thompson said.

Illinois Gov. Bruce Rauner planned to continue surveying flood-damaged communities on Sunday after touring several hard-hit areas the previous day.

The Mississippi receded further from dan-



Neighborhoods are seen submerged in flood water from the Meremac River in Pacific, Missouri. The St. Louis area and surrounding region are experiencing record flood crests of the Mississippi, Missouri and Meremac Rivers after days of record rainfall. GETTY IMAGES

gerous levels at St. Louis and farther south at Thebes, Illinois, and Cape Girardeau, Missouri, on Sunday, the NWS said, while the Ohio River was cresting at Cairo, Illinois. The Mississippi and Ohio rivers meet at Cairo.

Significant flooding was expected into mid-January along the Mississippi River at points

downstream, from Tennessee to Mississippi, Arkansas and Louisiana.

"I hope it's going to slow down," said Kristy Morgan, an assistant manager of Little General Marathon Gas in Tip-topville, a small city in the northwest corner of Tennessee.

"All I know is they have been working

around the clock doing sand-bagging," Morgan said of city and county personnel and emergency agencies in the area.

The river is expected to crest at the moderate flood stage on Thursday in Memphis, Tennessee, according to the NWS. In Louisiana, where crests at some points along the river are not expected

until mid-January, officials are checking levees daily.

The river is expected to reach major flood stage at all of the measuring points from Arkansas City, Arkansas, to Natchez, Mississippi, the NWS said. Much of the area is covered by levees, though islands and camps inside the levees would be expected to flood, the NWS said.

With the Mississippi River reaching high stages, feeder rivers could be expected to see some backup flooding, the NWS said.

Exxon Mobil Corp said its 340,000 barrel-per-day refined products terminal in Memphis remained closed. On Friday the company decided to shut the terminal, just south of downtown, as floodwaters threatened to inundate it. REUTERS

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BRIEF

US seeks key figure in Honduran money laundering case

The U.S. has requested the extradition of Jaime Rosenthal, the 80-year-old Honduran banker and politician accused of participating in a scheme that moved illicit funds through U.S. accounts.

Foreign Minister Arturo Corrales told reporters that the U.S. extradition request was received before Christmas, and it will now be up to the Honduran courts to decide whether to grant it.

The Rosenthal family were accused last year of using their Grupo Continental conglomerate to run what a senior U.S. Department of the Treasury official called one of Central America's most significant money laundering networks.

In October, Jaime's nephew, Yankel Rosenthal, president of Honduran soccer's Club Deportivo Marathon and until last June a minister of investment in the government of Honduran President Juan Orlando Hernandez, was arrested on money laundering charges in Miami.

Jaime, his son Yani, Yankel and lawyer Andres Acosta Garcia, have all been charged with engineering the decade-long scheme that allegedly laundered drug trafficking and foreign bribery proceeds through U.S. bank accounts. **REUTERS**

Iran predicts 'divine vengeance' after Saudis execute Shiite cleric

Iranian protesters stormed the Saudi embassy in Tehran early on Sunday and Shiite Muslim Iran's top leader predicted "divine vengeance" for Saudi Arabia's execution of a prominent Shiite cleric.

Strong rhetoric from Tehran was matched by Iran's Shiite allies across the region, with Sayyed Hassan Nasrallah, the head of Lebanese militia Hezbollah, describing the execution as "a message of blood." Moqtada al-Sadr, an Iraqi Shiite cleric, called for angry protests.

Tensions between revolutionary, mainly Shiite Iran and Saudi Arabia's conservative Sunni monarchy had already run high for years as they backed opposing forces in wars and political conflicts across the Middle East, usually along sectarian lines.



Iranian protesters hold portraits of prominent Shiite Muslim cleric Nimr al-Nimr as they confront riot police during a demonstration against his execution by Saudi authorities on Sunday outside the Saudi embassy in Tehran. **GETTY IMAGES**

However, Saturday's execution of a cleric whose death Iran had warned would "cost Saudi Arabia dearly," and the

storming of the kingdom's Tehran embassy, raised the pitch of that rivalry.

Demonstrators protesting against the execution of Sheikh Nimr al-Nimr broke into the embassy building, smashed furniture and started fires before being ejected by police.

Iran's President Hassan Rouhani condemned the execution as "inhuman," but also urged the prosecution of "extremist individuals" for attacking the embassy and the Saudi consulate in the

northeastern city of Mashhad, state media reported.

Tehran's police chief said an unspecified number of "unruly elements" were arrested for attacking the embassy with petrol bombs and rocks. A prosecutor said 40 people were held.

"The unjustly spilled blood of this oppressed martyr will no doubt soon show its effect and divine vengeance will befall Saudi politicians," Iran's Supreme Leader Ayatollah Ali Khamenei was quoted as saying by Iran's state television.

Iran's Revolutionary Guards had promised "harsh revenge" against the Saudi Sunni royal dynasty for the execution of Nimr, considered a terrorist by Riyadh but hailed in Iran as a hero of the rights of Saudi Arabia's marginalized Shiite minority.

However the Saudi and Iranian foreign ministers told Austria they have no interest in a further of heightening tensions between them, a spokesman for Austria's Foreign Minister Sebastian Kurz said. **REUTERS**

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US box office: 'Star Wars: The Force Awakens' barrelling toward 'Avatar's' record



J.J. Abrams attends "Star Wars: The Force Awakens" premiere. GETTY IMAGES

Having vanquished "Titanic" and "Jurassic World," "Star Wars: The Force Awakens" has set its sights on "Avatar."

The space opera sequel is moving up the all-time domestic box office charts at a record clip and now is poised to overtake those pointy eared blue aliens as the top grossing film in history. "Avatar" earned \$760.5 million during its stateside run and "Star Wars: The Force Awakens" has generated \$740.4 million domestically after picking up \$88.3 million over New Year's weekend. It should take the crown from "Avatar" early next week.

Globally, "Star Wars: The Force Awakens" ranks as the sixth-highest-grossing film in history, having earned \$1.5 billion worldwide.

It should pass "Furious 7" and "Marvel's The Avengers" to become the fourth-biggest film in history in the coming days.

The film will get a big shot in the arm next week when it premieres in China, the world's second-biggest market for film. Depending on how enthusiastically it is received in the People's Republic, "The Force Awakens" could shoot past "Avatar's" record \$2.8 billion global haul.

Even as "The Force Awakens" commanded the bulk of box office revenues a few films managed to profit from the holiday season. Paramount's "Daddy's Home," a comedy about a nerdy stepfather (Will Ferrell) who finds himself outshone by his wife's first hus-

band (Mark Wahlberg), picked up \$29 million in its second week-end, driving the film's domestic total to \$93.7 million.

The Weinstein Company did relatively well after moving up the wide release of "The Hateful Eight" by a week. The revisionist western from Quentin Tarantino racked up \$16.2 million to finish in third place. That's a solid start, though on the lower-end for wide-release debuts from the director. For instance, "The Hateful Eight" trails the \$30.1 million launch for "Django Unchained" or the \$38 million kickoff for "Inglourious Basterds." It has made \$29.6 million since debuting in a limited number of 70mm theaters over Christmas.

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- ☒ Coldness in your lower leg or foot
- ☒ Slower growth of your toenails
- ☒ Shiny Skin on your legs
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THOUSANDS of knee arthritis sufferers flock for this advanced medical treatment - How they relieve pain while you suffer

Knee Arthritis Pain: The Untold Story

Why patients come from all over the country for this knee arthritis pain treatment and why waiting drastically decreases your chance to live a pain free life again

OsteoRelief Institute is a medical clinic with multiple locations in New York City that has treated thousands of knee arthritis patients. Here is what every knee arthritis sufferer should know about the best treatments and options available today. And why waiting drastically decreases your chances to live a pain free life again.

The information you are about to read can possibly save you from years and years of agonizing knee pain. It might even keep you from getting total knee replacement surgery.

Please pay careful attention. What you are about to read is a cutting-edge medical treatment... but it is NOT what it appears to be at first glance. In fact, I'm going to have to ask for a bit of patience from you if you have already **unsuccessfully** tried any (or many) other knee arthritis pain treatments.

You see, many knee arthritis sufferers had already tried the treatment we are going to talk about and did not get the results they wanted. But I assure you there is something VERY DIFFERENT about the technology and the way we do this treatment that makes it much different.

And often gets results when many others have failed. **This is why patients come from all over the tri-state area**

Pharmaceutical companies (with the help of scientists) can now make synovial fluid-like compounds that... during viscosupplementation treatments... doctors precisely inject directly into the knee joint. This helps replace the lubricating fluid to the knee joint - allowing it to move more freely and smoothly and often decreasing or even eliminating the pain.

What Results Can Be Expected? Like all medical treatments, the results vary and can not be predicted. In fact, it is impossible to predict results and there are no statistics proving what the "average" patients can expect. Everyone is individual and gets individual results - so we never tell anyone to expect the same results as any of our other patients. **But to be 100% clear -** many knee arthritis sufferers get dramatic results. It is not uncommon for patients to either postpone knee replacement surgery for years... or even permanently cancel it.

What Are Treatments Like? Treatments are simple, fast and virtually painless. The total time of the procedure itself is only 10 minutes and most say it is like getting a flu shot. You walk out of the clinic just minutes after your procedure.

But There Is A BIG Problem The key is the treatment must be EXTREMELY PRECISE. If the injection is slightly off, the medication will not get into the knee joint and the treatment will

"I cannot ask for better results"



Dr. Stanley Weiner, M.D. - Surgeon

I had surgery scheduled last year. Three months before I made an appointment with OsteoRelief Institute. I was amazed at the ease with which I was evaluated and the treatment schedule implemented. **The results I had at OsteoRelief Institute were outstanding. I cannot ask for better results.** After the treatment I was able to go back to work with no discomfort at all. They use a digital monitor to locate the space that they use the treatment for and it's... it's like exact science.

Dr. Stanley Weiner

"I don't have any pain any more"



"Hey this feels terrific"



I was diagnosed bone on bone about 2 years ago I went to see an Orthopedic Surgeon and he said my knees were shot and I need to get them replaced. OsteoRelief said after looking at x-rays they could help. **That procedure is so basic so simple so quick in 15 minutes you are in and out.** I did both legs at once which is great. When I got up out of the chair I stood up and I said, **"Hey this feels terrific."**

"I feel like a new woman - It's amazing."



and beyond to have their knee arthritis pain treated here.

Would You Like Instant Proof?

If you want instant proof - you can just look at all the actual patient testimonials we have included. These patients were once skeptical just like you... and are now either pain free... or eliminated quite a bit of their pain.

Here's the most important thing:

Many said they saw this information SEVERAL times before finally deciding to take action and give us a call. As you can see - they are happy they did. Once crippled with knee pain, they are playing golf again, dancing again, riding bikes again and going for long walks again.

But we do get one very common complaint.

And it is: "I wish I started this treatment much sooner." *Let's be very clear about this.*

Time is the most precious thing. There is no way to slow it down - or get any back once it is gone. All the more reason for you to not suffer even one more second than you have to. Missing life suffering in pain is a tragedy. It's time for you to get rid of your knee pain and start living the life you want and deserve.

And please understand this:

One of the keys to success in medicine is early diagnosis and treatment. Like many diseases, arthritis only gets worse over time. The longer you wait - the more damage to your knee and the more pain you will be in. If you wait too long, the entire knee joint will be degenerated and your ONLY option will be total knee replacement.

If you are suffering with

knee arthritis pain, here is why you should act RIGHT NOW:

When you have arthritis, you suffer a decrease in the lubricating fluids in your knee. In other words, your knee joints basically "dries up." The lubricating fluid that decreases is called "synovial fluid."

knee joint and the treatment will not work.

That's why the experts at OsteoRelief Institute use advanced digital imaging so they can see the injection going directly into the knee joint during the treatment.

Research shows that doctors performing joint injections without imaging miss the joint as much as 30% of the time.

If you had

viscosupplementation without this special digital imaging without good results - this may be why.

That's why OsteoRelief Institute even takes it one step further. They do not just use one form of advanced imaging during treatment - they use two in their "double confirmation" process. This is to ensure patients get the best possible results.

Another Important Factor

Viscosupplementation medications also come in several different brands and chemical make-ups.

Just like all medications, some people respond better to some than others. While many doctors only use one brand, the experts at OsteoRelief Institute use several and great effort is taken to figure out what the best one for YOU is.

What To Do Next If You Are In Pain: *Special Your Invitation*

OsteoRelief Institute offers a limited number of complimentary knee arthritis treatment screenings every month. These screenings are a way for knee arthritis sufferers to get some of their questions answered and see if they are a candidate for one of the cutting-edge treatments offered at OsteoRelief Institute. For a complimentary screening, just call 800-227-KNEE. The screenings fill up fast every month. This screening is no cost and there is no further obligation. Call 800-227-KNEE to schedule your screening. Many of the treatments offered at OsteoRelief Institute are covered by many insurance plans and Medicare. Call 800-227-5633 to schedule your screening.

After I had the treatments... the last time... I just go right to the golf course. I'm able to keep up with these guys who walk - I'm right next to them! My guys on the golf course would say Hey, look at this he doesn't need us to put the ball up any more.

When I'm playing on the course I don't have any pain any more I don't have any aches and pain. I'm out there playing!

"I feel like a new woman"



I came to the clinic because I was not sleeping at night. My leg was Pounding. There were times when I sat too long the knee would tighten up. I would get in pain and I would be miserable and I would have it for the whole night. **After the treatment I goof around with my grandchildren. I feel like a new woman.** It's great. I know I don't have to sit on the couch and be in pain and I can just pick up and get dressed and go out. It was so gentle.



It got to the point where I couldn't stand up for a period of time and I knew something had to be done about it. You walk into the doctors office - he puts your leg in a machine - he shows you where he is going to do the procedure and before you know it... it's done and you're outta there. Now I'm able to take out my bicycle a couple of the guys and myself we took a couple of rides out in the woods and we had a good time and **I couldn't do that for years and now I'm able to do it again.**



The pain was excruciating like 24/7. Nothing I took over-the-counter would work so I knew it was something more serious. When I saw that my condition was not getting any better, I decided to do something about it and I immediately made an appointment - I went and started treatment. **The feeling of getting back to my dancing and my mobility is indescribable. I feel like a new woman - It's amazing.**

"I am ecstatic with the results of this procedure"



One day, as I was running, my knee got tighter and tighter. I had to stop and just walk home. They x-rayed me and said I was a candidate for it. You sit there for about 2-3 minutes and then you are up and walking out the door. I am ecstatic with the results of this procedure because I could not run just weeks before. I ran my race without any issues. I felt good - it just opened a door that was closing.

"I Can Finally Live My Life"



Prior the the relief center I was taking (9:30) and I was becoming addicted to it and it was damaging my health. Since the treatment, I've been able to be less dependent on them. I don't feel helpless anymore. **Since going through the procedure I can finally live. I can finally live my life.**

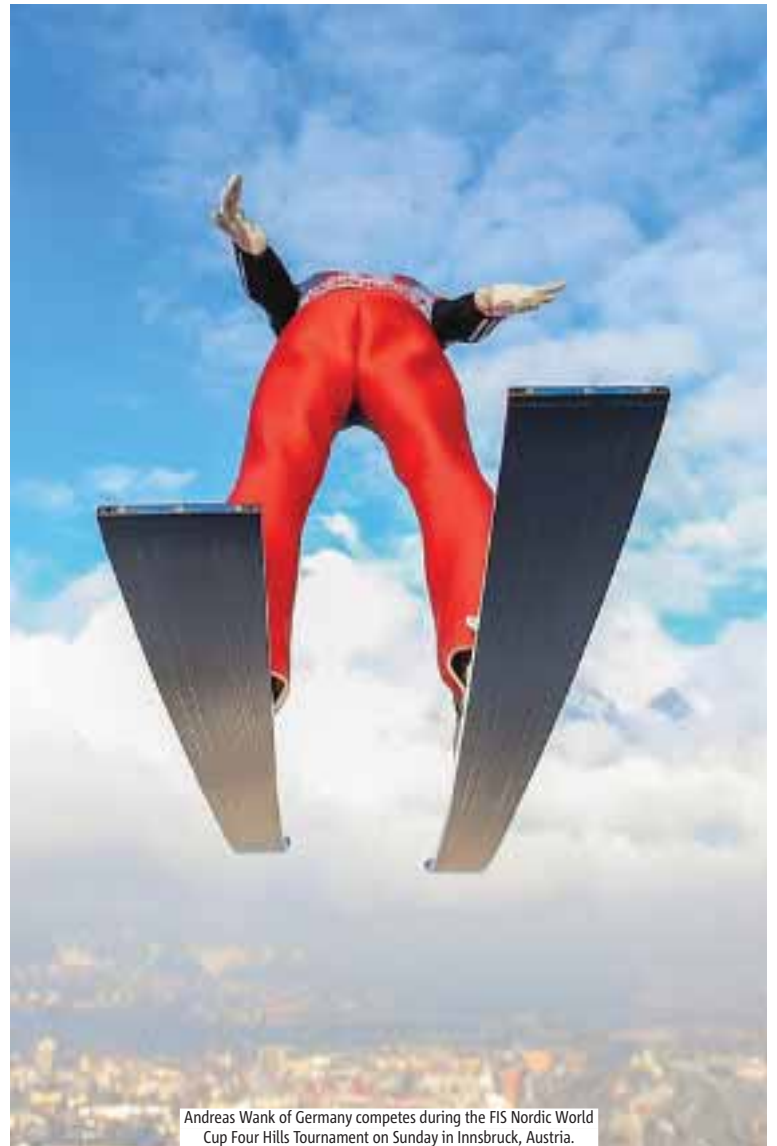
High flyers



Jan Matura of Czech Republic competes during the Four Hills competition of the FIS Ski Jumping World Cup.



Kamil Stoch of Poland soars through the air.



Andreas Wank of Germany competes during the FIS Nordic World Cup Four Hills Tournament on Sunday in Innsbruck, Austria.



Kenneth Gangnes of Norway soars through the air.



Peter Prevc of Slovenia soars through the air.

Justin Bieber tongue-wrestles Hailey Baldwin in St. Barts

It looks like Justin Bieber is hoping to kick off 2016 by putting to rest any of those other pesky dating rumors — like Kourtney Kardashian, or him trying to woo back Selena Gomez — because the Biebs rang in the New Year “sucking face” with additional rumored girlfriend Hailey Baldwin at Richie Akiva’s party at a villa in St. Barts. As you do. Akiva’s bash for about 200 close friends featured a performance by Bieber, but his real crowd-pleasing work came when he hooked up with Baldwin by the bar, “making out for everyone to see,” according to TMZ. Well, good for them.



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Gigi Hadid posts shirtless Zayn pic

Speaking of pop stars’ dating lives, exactly how close are former One Direction member Zayn Malik and Gigi Hadid getting? Close enough for her to post photos of his bare chest to Instagram. Oh, and there was an adorable kitten in the pic, too, so it’s basically peak Internet. Hadid posted the black-and-white photo without comment, just a simple image of Malik’s headless torso cud-



@GIGIHADID/INSTAGRAM

dling her beloved cat, Cleo. Fans easily recognized Malik by his tattoos, though it’s worth noting that the tat

of ex-fiancée Perrie Edwards on his right arm was not visible. I wonder how awkward that one makes things.

Colton Haynes kind of discusses his sexuality

This could be the most laid-back coming out in Hollywood history. Former “Teen Wolf” star Colton Haynes responded to a fan on Tumblr who commented, “When I found out Colton Haynes had a secret gay past,

I got so excited even though I know it makes absolutely no difference in my life.” Haynes’ response, posted for all his followers to see: “Was it a secret? Let’s all just enjoy life and have no regrets.” Subtle, no?



‘Voice’ winner Jordan Smith pops the question

Apparently recent “The Voice” winner Jordan Smith was waiting for something truly impressive on his resume before popping the question to his girlfriend, Kristen Denny. Just before performing the National Anthem at the NHL Winter

Classic, Smith posted to Twitter, “Ring in the new year with my future wife,” he posted, along with a photo of the happy couple showing off the ring. “She said yes!” And OK, fine, the “Mr. & Mrs. Smith” hashtag was pretty cute.

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Thrill-seeking with Edgar Ramirez

The acclaimed actor gets physical with the remake of "Point Break."

RICHARD PECKETT
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Edgar Ramirez plays a surfer and bank robber in the "Point Break" remake. WARNER BROS. PICTURES

"I thought I didn't have vertigo until I was hanging 300 feet from the highest waterfall in the world," confides Edgar Ramirez, recalling the stomach-churning situation as it unfurled at Angel Falls, Venezuela. "When you're right in the moment and stepping onto the edge of the cliff and the abyss is behind you, no matter how secure and safe it all is, in my mind, I was clinging for my life."

"Point Break", the remake of the 1991 cult favorite action thriller, brought Ramirez ("Zero Dark Thirty," "Carlos"), who reprises the role of Bodhi, originated by Patrick Swayze, to tears.

"I cried," he says. It took a man-hug from director Ericson Core ("Invincible") to help the Venezuelan actor recover from this "very charged and intense moment." It's not the only bromance, either, as Ramirez explains at a junket and extended trailer screening in London.

"There's a profound admiration between

Johnny Utah (Luke Bracey) and Bodhi," Ramirez says, before qualifying his statement with, "there's no sexual charge, but romantic love. ... Friendship has a lot to do with admiration and feeling complete by what that person brings to you."

What the movie brings is enough manly fist-pumping, chest bumping and high-fiving to rival those uber-masculine films of the late '80s. The new "Point Break" is loudly macho, but the stunts involved in this continent-hopping picture justify it. Wingsuit-flying through

gorges in Switzerland, surfing tsunami-size waves in Tahiti — which broke one surfer's jaw — and snowboarders taking on slopes snarling with jagged rocks are just some of the scenes that'll give you palpitations.

With the borderline foolhardiness that the film's pro-Extreme sports athletes (snowboarder Xavier de Le Rue, rock climber Chris Sharma and late wingsuit flier Jhonathan Florez) flaunt on the Osaki Eight, a series of suicidal challenges that honor the force of nature, it's surprising Red Bull didn't commission "Point Break."

Indeed, you watch for the thrills, not the plot — which is, frankly, absurd. It sees rookie FBI agent Utah infiltrate a gang of elite athletes, led by Bodhi, who are "using their skills to disrupt the international financial markets" but not for personal gain.

That said, 38-year-old Ramirez — who insists that he doesn't want to preach — is now more "conscious about the impact that our actions have on the environment" and was duly "humbled by the experience of filming in places that might be gone in 30 years."

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Playing with the big boys

Finn Witrock joins an all-star cast for "The Big Short."



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Finn Witrock's approach to handling being in an ensemble cast that includes Brad Pitt, Ryan Gosling and Christian Bale — all of whom star with Witrock in Adam McKay's "The Big Short" — is to make light of it. That way, he doesn't have to focus on how intimidated he is. "I get to share [the screen] with such mediocre actors, it's really tough," he says with a laugh. "I wish they were a little more famous."

When you heard the whole list of this cast together, what was your reaction?

It's like, "Uh, are you sure you want me there? Am I invited to that party?" I read the script, and I was just immediately sold. I was like, "I will do whatever I can to be a part of this." I had a meeting with Adam, and usually you try to keep your cool, but I was just blatantly like, "I want to do this. I

think it's brilliant, I think it's a work of genius and I think it's going to change the world. So what can I do?"

There's a lot of advanced level financial info in this.

Some of it is still incomprehensible to me, but I know the fundamental movements of what happened. Like I talked to the



Witrock
GETTY IMAGES

Lack of progress

How frustrating is it to look at how much hasn't really changed in the banking world?

What's really frustrating is that people weren't more frustrated. No one really punished the people who facilitated the entire collapse, you know? They all walked away with huge bonuses and great jobs. They just ended up consolidating the banks and then were in charge of more. That's what's really disheartening and should rile us to create change.

guy my character is based on, and he always gets to a point where it just starts to be this incomprehensible jargon language. But that's a big point in the movie, too. It's purposely incomprehensible. That's how they can get away with doing so much. When I finished the script I was so angry, and I think it should make people angry.

The guys portrayed in the film express a fair amount of regret for profiting off all of this.

It is a bit of a moral conundrum. It takes the triumph out of making all that money. But I think in their minds, the plight of the American consumer was never the issue that they were worried about. It was never on their radar

because they were just sticking it to the banks. I don't think they quite knew that the country was going to collapse quite that hard. And it was going to happen whether they were there or not. But they did make a lot of money when the rest of the country lost everything, but it's more complicated than it sounds.



Finn Witrock and John Magaro wrestle with impending financial doom in "The Big Short." PARAMOUNT PICTURES

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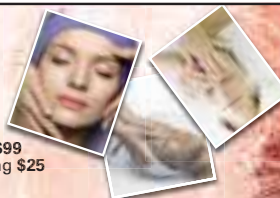
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RAQUEL LANERI
@RaquelLaneri
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Sometimes the most fruitful, innovative and successful work happens outside the office. When Apple came out with its colorful iMac computer in the 1990s, Steve Jobs took his team to a jelly bean factory to see how the candymaker produced its glossy, vibrant hues. Nike co-founder Bill Bowerman came up with the company's first pair of running shoes while eating waffles and examining the grooves of his wife's waffle iron.

And when Spanish chef Ferran Adrià wants to come up with a new menu for his famed 35-course gastronomic experience, he and his staff travel around the world, exploring the work of industrial designers or sound engineers and how they could apply those skills to their culinary experiments.

It was Adrià who inspired marketing guru

and Columbia and NYU professor Michelle Greenwald to start innovation workshops for people whose jobs were to come up with product or design ideas. "There were a lot of things companies could learn about how he innovates, and I thought, 'Wouldn't it be interesting for execs to see what really innovative people do?' To learn from the best practitioners rather than listening to theory?"

That's how Inventours came about. The five-day program allows participants all over the world in a range of fields to observe and learn how different companies — architecture firm Bjarke Ingells Group, pastry workshop Pierre Hermé and flavor and fragrance company Givaudan, to name a few — come up with ideas. Participants then brainstorm their own solutions and present them to others at the workshop.

Think of Inventours as "workcations," a way to spend time in a new city having a lot of fun but also coming up with a few moneymaking ideas along the way.

"I'd like to draw the analogy to TED conferences," Greenwald says. "But

those are only 20 minutes, and you're sitting there listening — it's entirely passive. With this program we're going to the workshops, studios, labs of these really brilliant and successful creative people, and we're seeing how the physical environment and the mental environment affect creativity."

And it seems to work. "I've had the VP of color at Avon get insights about color from learning about the origins of Shake Shack," says Greenwald. "And there was a guy from Arby's who got an idea for a sandwich by visiting a parking lot in Denmark designed by the Bjarke Ingells Group."

Inventours also runs one-day workshops for those who can't jet to Barcelona or Tel Aviv for a week. But, most important, the workshop gives participants the skills to open their minds and find inspiration everywhere — from the food on a plate to the graffiti on the walk home. "Sometimes, when you're out having fun, that's when you're getting your best insights," she says. "A little distance from the office is incredibly healthy."



Communication is key

The most important thing you can do for the development of a child is to talk to him or her — and to use language nourishes and sends a message of love. “Developing an enriching language through books and song is really important,” says E+D Director Jennie Monness.

Explore + Discover aims to put the 80 percent of brain development that happens between 0 and 2 years of age to good use. **ALL PHOTOS PROVIDED**

Should you be sending your child to school at 3 months?

An education center in Manhattan is getting infants and toddlers ready for pre-K.



RAQUEL LANERI
@RaquelLaneri
raquel.laneri@metro.us

We’ve all heard of the benefits of a pre-K education: Studies have found students who attend some kind of preschool often have higher test scores, better social skills and even higher wages later on. But Daniel Koffler, president of Explore + Discover in New York City, believes kids could start their education even earlier than 3 or 4 years old — like at 3 months.

“Eighty percent of your brain development happens between the ages of 0 and 2. And there’s not a lot of activity being done to foster that development in a thoughtful manner.”

A small, specialized staff

Explore + Discover — located in Manhattan’s Gramercy neighborhood — calls itself an “early education

center rather than a school or daycare. It has around 70 students, ranging from 3 to 34 months old. All the teachers hold master’s degrees in early childhood education, and there are a lot of them per child (about three staff members for a class of 10 or 11 students, compared with the 1 to 5 teacher-student ratio most programs have). “That’s proper health code for safety concerns, but it’s not the most pedagogically appropriate for social-emotional learning,” says Koffler.

Baby knows best

As for its curriculum, E+D blends a Reggio Emilia approach to early education, which creates an environment designed to spark creativity and self-directed learning (so art class here often involves toddlers rolling around in paint, conjuring Pollack-like masterpieces) with RIE (Resources for Infant Educators) parenting principles, which is grounded in respecting the baby’s true inner nature. “If you look around here, you notice there aren’t

any contraptions,” says Chief Academic Officer Renee Bock, who also is in charge of the music curriculum. “We believe in free exploration, the uninhibited ability to move around, even on one’s back.”

That also means letting kids try things at their own pace and not rushing to put them into a seated position before they’re ready. “Babies have an inner barometer of what’s safe, and they’ll do something or try something new when they’re ready for it.”

Caring is just as important as learning

One of the main tenets of RIE is imbuing every activity all day long, from diapering to actively playing with meaning. “You have to follow a baby’s physical needs, which is why we pay equal attention to diapering and feeding as we do to exploring,” says Bock. “When we’re diapering we take care to make eye contact and talk with the baby so we establish a meaningful connection before they go off and explore.”



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Week 17 slip-up ends Jets' season

The Jets blew a golden opportunity Sunday in upstate New York.



KRISTIAN DYER
@KristianRDyer
sports@metro.us

It is now five years without the playoffs for the New York Jets, a 22-17 loss at the Buffalo Bills on Sunday dashing their postseason dreams. A day that started with the Jets controlling their own destiny now sees them heading to the golf courses yet again.

Sloppy play and terrible execution doomed the Jets. Three interceptions by Ryan Fitzpatrick in the fourth quarter halted the Jets in their comeback bid to topple Rex Ryan's Bills.

The Jets went down 13-0 midway through the second quarter in what was perhaps their worst first half of the season. While they improved in the second half, in particular on defense, the inability to get a play when it mattered most in the fourth quarter burned this team in their first loss since Nov. 22.

This is the Jets' longest streak without making the postseason since a stretch of six seasons



Buffalo's Karlos Williams finds the end zone Sunday in Orchard Park. GETTY IMAGES

from 1992-1997.

Three Things We Learned from the Jets in Week 17:

1 They're close but ...

No cigar here for the 10-6 Jets, who just narrowly missed out on a return to the playoffs. Sloppiness in terms of not just penalties but execution killed the Jets early in this game, just

as it cost them early in the season. The Jets used two timeouts in the first 17 minutes of the game and played sloppy and loose for much of the first half. Then in the second half, the Jets

made it a game. They cut the lead to 19-17 and seemed destined to take the lead, but Fitzpatrick threw a red zone interception. It was a tough way to go down for the Jets.

2 Wind, wind go away

It was a cold, windy day in Buffalo, the kind of weather that the Bills love for a home-field advantage and opponents hate to play in. It wreaked havoc on a first-quarter punt by Ryan Quigley and also held up a Fitzpatrick deep pass to Kenbrell Thompkins that fell incomplete. But it was the Jets' own inept play that ultimately made this a very long afternoon. At the end of the day, they had no one to blame but themselves.

3 What a season

The Jets didn't make the playoffs but talk to any fan of this franchise last August and ask them if they'd take double-digit wins in this rebuilding year and they would surely take it. Brandon Marshall tied the franchise mark for most receiving touchdowns in a season and Fitzpatrick set the single-season mark for passing touchdowns. There is a good, young core in place here and some nice pieces to build on in 2016 and beyond.

The likely end for Coughlin was uninspiring



Tom Coughlin waves to Giants fans after the game Sunday at MetLife. GETTY IMAGES

The Giants closed out an inglorious season Sunday with a 35-30 loss to their bitter rivals from Philly. It also likely closed out the career of their famed and beloved coach, Tom Coughlin.

Big Blue showed why there are significant changes on the horizon, as the Eagles (7-9) raced to an early 14-0 lead.

It wouldn't have been an appropriate send-off for Coughlin had there not been, among other things, blown coverages on defense, long scoring drives allowed, key penalties and a crushing Eli Manning pick-six. The Giants deserve credit for being consistent this year in that aspect.

The Giants (6-10) stamped their ending in maddening fashion, as

they dug themselves an early deficit, fought back with great resolve, only to lose it late.

Rashad Jennings made sure that at least he'd give maximum effort for Coughlin, as he was about the only player wearing blue who looked like there was still something on the line. Jennings ran hard from the start, amassing over 100 yards in the first half, en route to a season-high 170 yards. Jennings' achievement was even more impressive considering Big Blue's offensive line was a patchwork unit out there — and that's not even including rookie Ereck Flowers, who was gimpy all game with lower leg malady.

Despite canning their head coach before

the finale, the Eagles offense hummed along smoothly, for the most part, under interim head coach Pat Shurmur. Philadelphia registered five touchdown drives of at least 80 yards, including a 91-yarder. Sam Bradford went 30 of 38 for 320 yards, two touchdowns and one interception, while DeMarco Murray chugged along for a team-high 69 yards, including a 54-yard touchdown run on the team's fifth offensive play. Tight end Zach Ertz might've done the most damage, as he torched the Giants' injury-depleted linebacker and safety corps for nine catches for 152 yards. Simply put, the Giants' defense was the proper tonic for an ailing Eagles' offense.

Manning, who celebrated a birthday Sunday, must've felt alone out there, as other than Jennings, there was very little help to go around. He closed out the season with a respectable 24 of 44 for 302 yards, two touchdowns and one interception. Not even the return of Odell Beckham Jr. (five catches for 54 yards) could spur the offense, as there was very little spark. Sure, the Giants hung 30 points on the Eagles, but a closer look inside the numbers shows that most of the scoring drives came on short fields following Philadelphia turnovers. The only touchdown drive of substance came on a 13-play drive that was culminated by Jennings' 2-yard touchdown.

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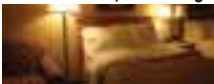
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NOTICE IS HEREBY GIVEN that a license, Number 1291154, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law, at 3626A Union Street, Flushing, NY 11354, for on-premises consumption. He Long Mingtai Inc.

NOTICE IS HEREBY GIVEN that a license, Number 1290702, for Restaurant Wine has been applied for by the undersigned to sell Beer & Wine at retail in a Restaurant under the Alcoholic Beverage Control Law, at 261 Nostrand Ave., Brooklyn, NY 11216, for on-premises consumption. Cafe Gravity Corp.

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Last Word Standing

Use the clues to cross out the words in the boxes. One word will be left over. This last word standing is the mystery answer.

CLUES:

All Olympic Games sports
All things worn on a foot
All anagrams of 'bared'
All state symbols of Idaho
All carpentry tools
All musicians
All terms of endearment
All US capital cities

Seal		Potato
Tennis	Sneaker	Debar
Darling	Jackson	Badminton
Hammer	Sandal	Slipper
Huckleberry	Austin	Sweetheart
Beard	Babe	Lathe
Frankfort	Saw	Jewel
Treehouse	Fencing	Bread
Elvis		Clog

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Across

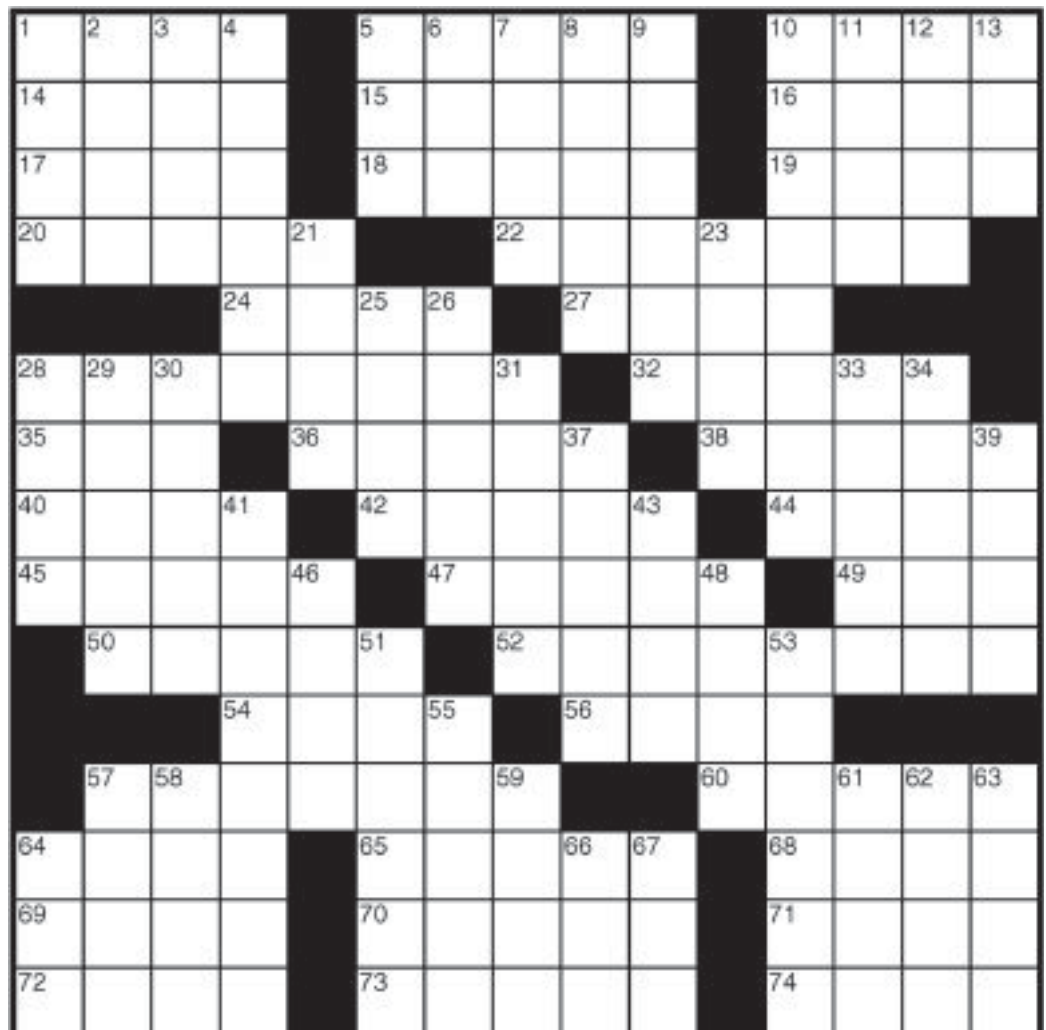
- 1 Folk follower
- 5 Woofs' partners
- 10 Peat sources
- 14 Lab medium
- 15 Not touching
- 16 Oops! (hyph.)
- 17 — vu
- 18 Fake drake
- 19 Bus route
- 20 B-vitamin source
- 22 Year-end crackler (2 wds.)
- 24 Toward sunup
- 27 Sell cheap
- 28 Roars, as the wind
- 32 Do finger painting
- 35 Ad — (wing it)
- 36 Kahuna's hello
- 38 Altiplano locale
- 40 Beep
- 42 Rolls tightly
- 44 Lean
- 45 Kind of mail
- 47 Ball-gown fabric
- 49 Back when
- 50 Fiery horse
- 52 — — Wenceslas
- 54 Hecklers' chorus
- 56 Summer job seeker
- 57 "— Got Run Over by a Reindeer"
- 60 Alcove
- 64 Obi-Wan player
- 65 Roof part
- 68 Empathize
- 69 Paycheck interval
- 70 Jostle
- 71 Roll-call yell
- 72 Cartoon shrieks
- 73 Metamorphic rock
- 74 Lean toward

- 2 S-shaped molding
- 3 Hindu prince
- 4 Rubs out
- 5 Gob of bubblegum
- 6 Mimic
- 7 Off-color
- 8 Haughty
- 9 Wax-tablet pen
- 10 Ball teams have two
- 11 Part of B&O
- 12 NBC's "The — Show"
- 13 Hen or mare
- 21 Bye, in Bristol (hyph.)
- 23 Mrs. Peel
- 25 Egotist's love
- 26 Brook catch
- 28 Diner sandwiches
- 29 Wildebeest chasers
- 30 Kapitan's command (hyph.)
- 31 Shoulder gesture
- 33 Ike beat him twice
- 34 Get crowned
- 37 Mete out
- 39 Urban woe
- 41 Curtain cords (hyph.)
- 43 — eyed
- 46 Boxer — Spinks
- 48 Blissful spot
- 51 Avoids
- 53 Joust competitor
- 55 Diminutive
- 57 Unbounded joy
- 58 Smell awful
- 59 "SOS" group
- 61 Hudson Bay tribe
- 62 Fearsome cape
- 63 Was very thrifty
- 64 Blow away
- 66 Realty offering
- 67 Pasture grazer

Down

- 1 Countess's title

FOR THE ANSWERS
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easy

	3		2					6
9					6	5		4
		6				8		
6		2	1			7		
1		9				2		5
		4			5	1		8
		5				3		
2		8	6					1
4					9		7	

hard

	7			6				9
		6	8		4			2
		8			3			6
	8			1		4		
	6		5		2		9	
		7		8			1	
8			7			2		
6			4		8	5		
7				2			3	

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Aries A diplomatic, intelligent approach will bring better results. Make personal improvements instead of trying to change others.

Taurus Focus on the highest peak. Don't worry about opposition. Listen to complaints and offer incentives to deter further setbacks.

Gemini Don't let anyone interfere in your life. False information will lead to bad assumptions that will get you into trouble. Get the facts first.

Cancer You should take part in interesting events in order to find a new outlet for your stress. A partnership with a new acquaintance looks promising.

Leo Your ability to adapt readily to whatever is going on around you will attract attention from someone who shares your interests.

Virgo Good things will transpire if you are willing to take the initiative and go after your goals. Network, set up meetings and get the ball rolling.

Libra Your intellectual outlook will help you overcome adversity. Time spent with someone who understands your needs will lead to positive change.

Scorpio Focus on home. Emotional matters will surface. An innovative approach to solving personal problems will help you avoid a spat.

Sagittarius Be careful when dealing with colleagues or people who can hurt your reputation or cause you grief. Listen carefully and question things.

Capricorn Don't be swayed by someone using emotional manipulation to get a piece of your action. Protect your assets.

Aquarius It's up to you to bring about change. If you wait for someone else to make the first move, you'll end up being left behind.

Pisces Participate in events that will bring you in contact with like-minded people. You'll benefit if you collaborate to reach a shared goal. **EUGENIA LAST**

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